

My Whole 30 Journey

www.LatriceMurphyDesign.com

BREAKFAST WEEK ONE

Potato and egg frittata

½ lb. baby new potatoes, unpeeled and sliced
2 T EVOO
4 scallions, thinly sliced
1 zucchini, thinly sliced
4 cups of baby spinach
Paprika
6 large eggs
Sea salt and pepper

Directions:

1. Bring saucepan of water to a boil, add the potatoes, and cook for 5 minutes, or until just tender then drain well.
2. Meanwhile, heat 1 T of oil in a large ovenproof skillet over medium heat, Add the scallion, zucchini, and potatoes and sauté, stirring and turning the vegetables, for 5 minutes, or until just beginning to brown.
3. Add the spinach and paprika and cook, stirring for 1-2 minutes, or until the leaves begin to wilt.
4. Preheat the oven to 350. Crack the eggs into a bowl with salt and pepper. Beat lightly with a fork. Pour a little extra oil into the pan if needed, then pour the eggs over and cook for 5-6 minute, or until they are almost set and underside of the frittata is golden brown.
5. Broil the frittata for 3-4 minutes more until the top is browned and eggs are set. Cut into wedges and serve.

I plan on making a couple of these in order to feed me and my family. This is a great recipe to make ahead of time and place in bowls for a quick morning warm up. This recipe is adapted from "The Clean Eating Kitchen" page 20.

Tri-color peppers and egg scramble

4 large eggs
Red, yellow and orange peppers diced
½ T Clarified butter
Sea salt and pepper to taste

Directions:

1. Put a large skillet over high heat. Add diced peppers and butter to the pan and cook for 1-2 minutes.
2. Crack the eggs into a bowl with salt and pepper. Beat lightly with a fork until evenly mixed.
3. Pour eggs into pan over peppers and cook, stirring for 5-6 minutes until set.

I love peppery eggs so finish with a little more pepper and have with a side of fresh fruit. I will be having pre prepped jars or Pineapple, apples, oranges, grapefruit and pears ready to go.

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Green Smoothie

1/2 banana

½ C pineapple

1/8 lime

½ orange

1 C spinach

1 C ice

Blend it all up. No agave in them this month in order for it to fit the Whole 30 plan. A trick is if you let your banana get super ripe and add a couple more chunks of pineapple it'll be sweet enough. I could drink this every day and my kids are big fan of making Zoku pops from this recipe too.

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LUNCH WEEK ONE

Memphis pulled pork

2 lb. pork loin

4 T EVOO

3 T Dry Rub (Homeade from sea salt, paprika, garlic powder, onion powder, black pepper, chili powder, cumin, coriander, rosemary, cayenne and dry mustard)

2 T vinegar

1 tablespoons mustard (choose a clean mustard with minimal ingredients)

Literally throw it all in a crock pot on high for 6 hours or low for 3-1/2 hours Use two forks to shred the meat up and mix around in the juices a bit. Serve with broccoli slaw.

Broccoli Slaw

(2) 12 oz bags Broccoli slaw

1 T lime juice

1 tsp fresh parsley

½ red onion minced

Salt and pepper

1 T apple cider vinegar

¼ Avocado mayo

Mix it all together and place in the fridge for a couple hours to let the flavors dance.

Chicken salad with scallions and bacon

Recipe adapted from Paleo Running Mommy- <http://www.paleorunningmomma.com/paleo-chicken-salad-with-bacon-and-scallions-whole30/>

1 lb. Chicken breasts, boneless skinless

1/2 tsp Garlic powder

2 Scallions

2 stalks of celery diced

1/2 cup Homemade or Avocado mayo

Salt and pepper

8 slices sugar free (for Whole30), nitrate free bacon

Directions:

1. Take your bacon and chop into bite size pieces. Brown the bacon in a large saute pan over med-hi heat until crisp.
2. Remove bacon from pan and set aside to drain on paper towels, leaving the rendered fat in the pan.
3. Pound the chicken breasts to ½ inch thickness or cut them in half so each piece is ½ inch thick.
4. Turn the heat down to med. Sprinkle the chicken breasts with garlic (if using), salt and pepper and put in the pan with bacon fat. Cook about 2-3 minutes on each side or until the inside is no longer pink.

5. Put the chicken in a large bowl, cover and refrigerate until cool. If you haven't made your mayo yet, now is the time!
6. When the chicken has cooled down, chop roughly into bite size pieces, and in a large bowl, toss together with the bacon, scallions, celery and mayo. Mix to fully combine

I like the addition of celery for the freshness and crunch. Serve this over fresh spinach or eat plain. Good either way. 2

Tuna salad

2 cans wild albacore tuna (Please find one that supports sustainable fishing) I use Wild Planet brand. They support the Wildlife relief fund and it is sustainably pole and line caught.

3 stalks of celery diced

½ white onion minced

2 T fresh basil chopped

¼ C Avocado mayo

2 boiled eggs minced

Directions:

Mix everything up in a bowl and let refrigerate for 1 hour.

Eat fresh or wrap in romaine lettuce wraps. Jazz it up how you want.

Sweet Potato toast

1 Large sweet potato (has to fit your toaster)

Almond butter

Cinnamon

Banana

Directions:

1. Peel your potatoes

2. Slice your sweet potato ¼" thick vertically.

3. Put your toaster on high and place the potatoes in the toaster and cook two times. You may need to do it more. Check it with a fork.

4. Spread with almond butter, top with sliced bananas and sprinkle with cinnamon.

If I weren't on this journey, I'd try honey and granola or peanut butter with brown sugar. I'll stick to the above for now. What will you top yours with?

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DINNER WEEK ONE

Coconut lime skillet chicken

- 4 skinless, boneless chicken breasts
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 tablespoon coconut oil
- 1/2 cup red onion, chopped (it came out to 1/2 onion for me)
- 1 red chili, chopped optional
- 1 cup organic chicken stock (Needs to be clean)
- 1 tablespoon lime juice (about 1 large lime)
- 1 tablespoon chopped cilantro
- 1/2 teaspoon red chili flakes
- 1/2 cup full fat coconut milk from a can

Directions:

1. Slice chicken breast in half so that they are thinner. Sprinkle each side of the chicken with salt and pepper.
2. Melt the coconut oil in a large skillet over a medium high heat on the stove. Add the chicken breasts and cook each side for 3-4 minutes or until browned on each side. Remove the chicken from a skillet and set aside on a plate. The chicken doesn't need to be fully cooked yet because you'll be returning it to the heat shortly.
3. Add the chopped onion to the same skillet and sauté for a few minutes to soften. Add the chili pepper if you're using it. Sauté another couple of minutes. Add the chicken stock, lime juice, cilantro and chili flakes. Bring the mixture to a boil and then reduce down to a simmer. Let simmer for about 5 minutes to let reduce down. Add the coconut milk and bring to simmer again for another 5 minutes.
4. Add the chicken back to the skillet, cover and let cook for another 5-10 minutes or until the chicken is cooked all the way through.
5. Serve with rice or cauliflower rice with the sauce spooned over the top.

Tacos with zucchini

I won't pot a taco filling, but as long as you make it based on the program rules. Keep it fresh and clean. I do however want to share the zucchini taco shell.

- 1 cup grated zucchini, packed, dried - about 4 medium size zucchini
- 1 egg
- 6 T Almond Flour (Make your own with raw almond in the blender or food processor)
- 2 tablespoon Coconut flour.

1 teaspoon oregano

Salt, Pepper

I have to be honest, this recipe is totally new to me so please don't judge. I've got fingers crossed that it comes out tasty.

Directions:

1. Preheat the oven to 300
2. Prepare a baking tray covered with baking paper. Set aside.
3. Wash the zucchini leave the skin on.
4. Using a grater, finely grate the zucchini. Squeeze the extra water with your hands. Discard the zucchini juice. Press the grated zucchini into a measuring cup until it reaches 1 cup.
5. Set aside into a mixing bowl. Add eggs and combine with the dry ingredients: arrowroot flour, coconut flour, oregano, salt and pepper. It will form a batter not too moist. If too moist - it could happen if you did not squeeze out the zucchini water very well- add an extra tablespoon of coconut flour to absorb.
6. Using an ice-cream scoop some zucchini tortilla batter and scoop out onto the baking paper.
7. Using your finger press the batter until thin and shape a round tortilla. It should not be thicker than 0.2 mm.
8. Repeat until you scoop all the batter. The recipe makes about 6 tortillas 10 cm diameter.
9. Bake for 20-30 minutes or until the tortilla gets brown on the side and hold together.
10. Cool down on a rack to keep them moist.

Fill that bad boy while warm and watch your kids actually Eat their veggies! #trickedyou

Kielbasa Hash

From Cut Out and Keep <http://www.cutoutandkeep.net/projects/kielbasa-pepper-onion-and-potato-hash>

14 oz package kielbasa cut into 1/4 inch rounds (all natural and nitrate free)

1 Green Bell Pepper diced

1/2 Red Bell Pepper diced

1 Onion diced

2 Potatoes peeled and diced

Olive Oil

Salt and Pepper

Directions:

1. In a large skillet heat your oil over medium heat. Add the potatoes to the skillet and season with salt and pepper. Fry until golden brown and cooked through, around 8-10 minutes, stirring a few times for even browning.
2. In a second skillet, brown the sliced kielbasa around 5 minutes in 1 T of oil over medium heat. Remove kielbasa from the pan and set aside.
3. Add the peppers and onions to the skillet and season with salt and pepper. Cook for 5 minutes, or until softened.
4. Add the cooked potatoes and kielbasa to the skillet with the onions and peppers and mix it all up until hot.

Vegetable Soup in the crock pot

Recipe from Cooking Classy <http://www.cookingclassy.com/2014/10/vegetable-soup/>

2 1/2 T olive oil

1 1/2 cups chopped yellow onion

2 cups peeled and chopped carrots
3 chopped celery stalks
4 cloves garlic, minced
4 (14.5 oz) cans low-sodium chicken broth or vegetable broth
1 (14.5 oz) cans diced tomatoes (undrained)
3 cups peeled and 1/2-inch thick diced potatoes (from about 3 medium)
1/3 cup chopped fresh parsley
2 bay leaves
1/2 tsp dried thyme
Salt and freshly ground black pepper
2 cups potatoes
1 zucchini chopped

Directions:

1. Heat olive oil in a large pot over medium heat. Add onions, carrots, and celery and sauté 3 - 4 minutes then add garlic and sauté 30 seconds longer.
2. Pour broth and add tomatoes, potatoes, parsley, bay leaves, thyme and season with salt and pepper to crock pot.
3. Cook on low for 5-6 hours until potatoes and vegetables are tender.

This soup is amazing and I will be eating it for leftovers during lunch the next day. My kids even love it. If they want noodles cook those separately and add them to the bottom of their bowls before adding the hot soup.

Cauliflower rice and Chicken Stir fry

1 lb Chicken (cooked and sliced into strips)
Snow peas
Tri color peppers (diced)
Broccoli florets
Shredded carrots
1 tsp ginger
3 green onions
1 head of Cauliflower
2 cloves of garlic
Salt and pepper
Olive oil

Directions:

1. In a food processor, add cauliflower, salt, pepper and garlic powder. Pulse until the texture is coarse resembling rice.
2. In a large saucepan, heat 2 teaspoons of oil over medium heat. Add the broccoli, peppers and shredded carrots and cook for 4-5 minutes, stirring occasionally. Add the snow peas and green onions and heat for 1-2 minutes, stirring occasionally, until heated through. Remove veggies from the skillet and set aside. Add the cauliflower to the skillet and cook for 5 minutes, until cauliflower is soft. Remove from heat and add the veggies and precooked chicken.

I precooked about 3 lbs. of chicken for this week and snacking. It makes this dish a little easier when it's time to cook.

Bacon Burger Lettuce wraps

There isn't really a recipe here. Tips you need to follow are to add lots of vegetable toppings (tomatoes, onions, avocado, etc) You can make the burgers however you like best. I buy pre made organic grass fed beef patties from Costco. I will use avocado mayo, homemade ketchup and pickles if I can find a great clean brand. I'll share that if I do.

Wrap your burger in Large Romaine lettuce pieces as a wrap. Use a toothpick to hold it together if you need. Easy peasy.